

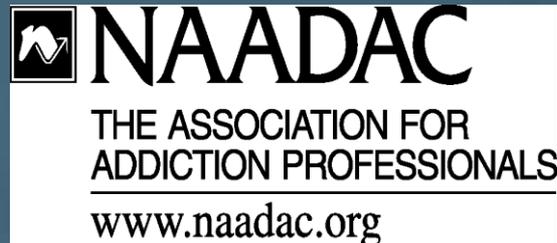
Romancing the Brain Part 1

2016 Kentucky School of Alcohol & Other Drug
Studies (KSAODS)

July 21, 2016

Presented By:

Cynthia Moreno Tuohy, NCAC II, CCDC III, SAP



Understanding the Limbic System

- ▣ Your Limbic system is located approximately in the center of your brain
- ▣ It is the oldest system of your brain – the mammalian brain
- ▣ In pre-historic time, it was the largest mass area of your brain
- ▣ It is the part of the brain that most people use most often in conflict and trauma

Recovery Starts in the Brain...or doesn't

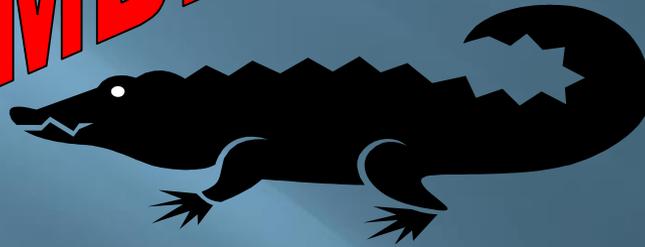
BUT!!

you better!

LIMBIC

DON'T YOU EVER!

YOU



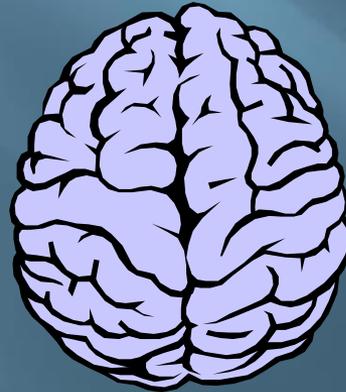
Absolutes

WONT

NO

How???

Should



Always

! **EVER**
EVER

If you ever...

Never

Fight
Flight

Could

How Did Your Brain React?

- ▣ How did your brain react in these scenario's?
- ▣ Did the sense of “fight or flight” trigger in your brain?
- ▣ What internal response did you want to give that you filtered out in this room?
- ▣ How would you typically react if you were “on the street” in your every day life?

Understanding the Cortex

- ▣ It is located in the front part of the brain
- ▣ Its functions are decision making, problem solving, creativity, discovery
- ▣ It can be trained to be mindful and the mannerisms in which it is said
- ▣ It reacts positively to options
- ▣ It is like your inside computer
- ▣ It helps you to sort, process and store information

Wellness & Recovery Grows Here...

Cortex



Let Us Find Another...

YES! *Often*

I believe...

Will you

Consider

I wonder



Stand Still

I would like

Lets Discover

Is it possible

Back-up the Train

Please

Thank you

The Cortex - Discovery

- ▣ We learn impulse control
- ▣ Maturity and imagination develops
- ▣ Decision making – judgment – reasoning
- ▣ Creativity and discovery
- ▣ Problem solving
- ▣ Personal Empowerment
- ▣ Conflict & trauma resolution
- ▣ Romance develops into maturity and commitment

Is About What I am Going to Say

One helpful skill to learn is the ability to stand still in the moment. In standing still in the moment, you learn to stop or slow down your thoughts and conflict process by asking yourself three questions:

- Is about what I am going to say (words and phrases) and the way I am going to say it (tone, inflection, and gestures) going to build the relationship up?
- Is it going to keep the relationship level?
- Is it going to tear the relationship down?

Being Deliberate

- ▣ Phrases like “Thank you,” “Please,” “I am sorry,” and “I did not intend to ...” give people more power in their lives or diminishes their power?
- ▣ Words or phrases like the following add what to a conversation?
 - I believe
 - I wonder
 - Let’s discover
 - I would like
 - Consider
 - Often
- ▣ Consider how this change could effect what you would expect to see in other people (for example; work colleagues, family, and friends).

Phrases that “Romance” the Brain



- ❖ Is it possible
- ❖ Have you had an opportunity to
- ❖ I wonder what would happen if
- ❖ Help me understand
- ❖ I'm confused, I thought
- ❖ Is this ok with you
- ❖ I'm curious about
- ❖ Please explain to me

Phrases that “Romance” the Brain

- ❖ I am sorry
- ❖ Is there another way I could (say this, do this, explain this, etc).
- ❖ Let us discover, consider, believe
- ❖ Often, this is a misunderstood (action, behavior, word, etc.)



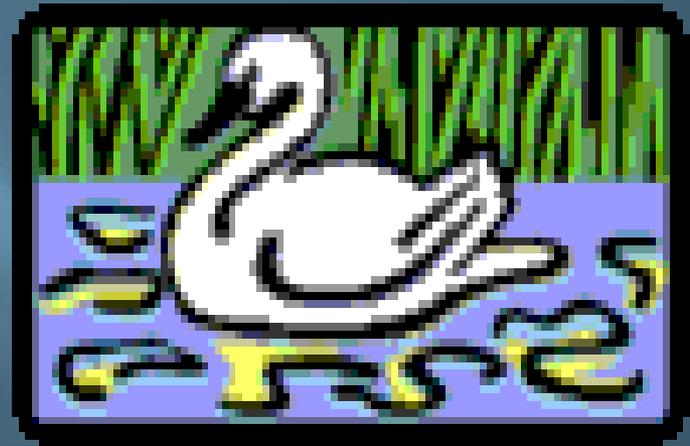
Romancing the Brain into Wellness



- ❖ My pleasure to
- ❖ Please
- ❖ Thank you
- ❖ May I have permission
- ❖ Please tell me what you mean by this
- ❖ When you have a minute, would you please

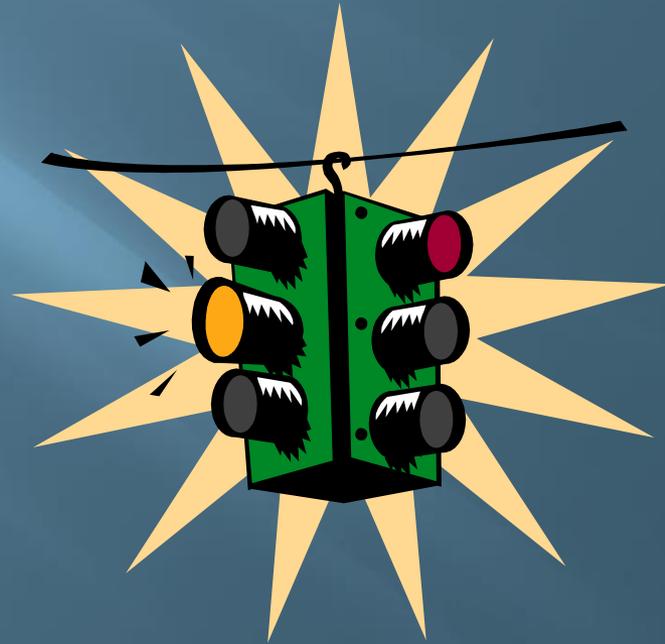
Romancing the Brain into Wellness

- ❖ Will you agree to this
- ❖ I would like to find a solution, together
- ❖ Would you consider
- ❖ I would like to assist you
- ❖ Your thoughts
- ❖ Your Ideas



Training the Brain

- ❖ Hear It
- ❖ See It
- ❖ Say It
- ❖ Write It
- ❖ Read It
- ❖ Repeat It



Styles of Communication

- ▣ **Thomas-Kilmann Conflict Mode Instrument**
- ▣ Answer each question as if “push comes to shove”
- ▣ Answer each question the closest to your response
– what you most likely do – “A” or “B” response
- ▣ 30 Questions total – add your responses

Five Styles of Communication

- ▣ Five Styles:
 - 1) Competing
 - 2) Avoiding
 - 3) Compromising
 - 4) Accommodating
 - 5) Collaborating

Conflict Resolution in Recovery



compete

Competing Style

- ▣ The attitude is “I’m going to win; you’re going to lose.”
- ▣ There are only two possible outcomes from conflict: winning and losing.
- ▣ Winning is associated with status and competence.
- ▣ Losing is associated with loss of status, incompetence and weakness.
- ▣ Prime importance on personal goals to the virtual exclusion of any concern for the relationship.
- ▣ Protection of personal goals is taken as an index of successful combat.
- ▣ It’s a dog-eat-dog world.
- ▣ Nice guys finish last.
- ▣ Method of control: **RESENTMENT**

Conflict Resolution in Recovery

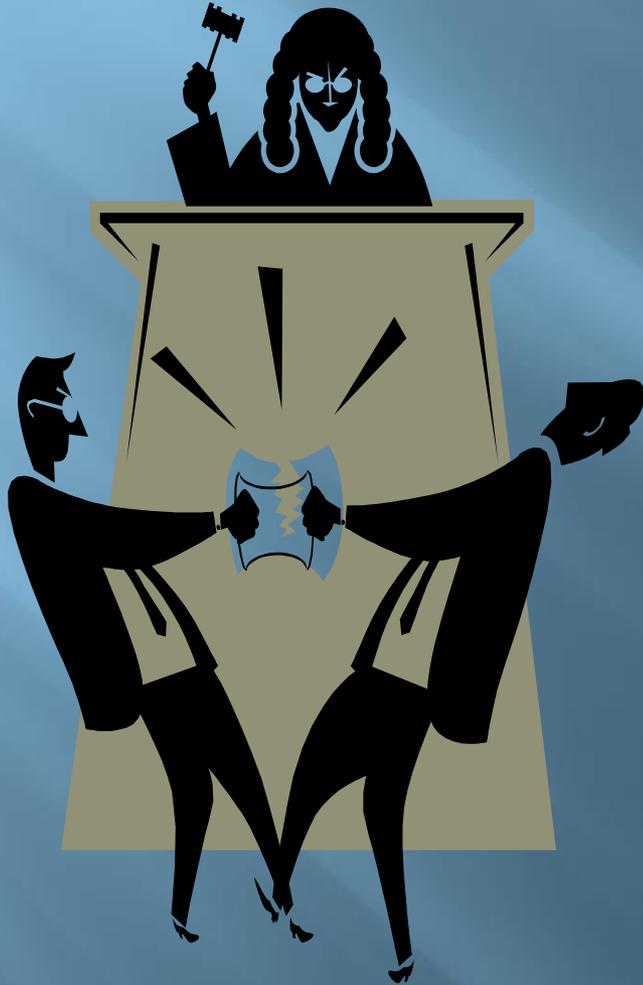
Avoid



Avoiding Style

- ▣ We are both going to lose, so I'll leave.
- ▣ There is a feeling of hopelessness.
- ▣ Avoiding protects the person from the useless and punishing experience of endless struggles that cannot be won.
- ▣ Rather than suffer, I will leave physically or psychologically.
- ▣ An Avoider might adopt the role of a detached observer.
- ▣ Roll with the punches and live to fight again another day.
- ▣ Getting angry means losing control.
- ▣ It is unfair to lose control, so leave.
- ▣ Method of control: **WITHDRAWAL**

Conflict Resolution in Recovery



Compromise

Compromising Style

- ▣ You get half the cookie, and I get half the cookie. We both lose a little and compromise. It's better to get something than nothing.
- ▣ A secret variation of losing/winning.
- ▣ Soften the effects of losing by limiting gains of the other person.
- ▣ Arrive at compromise by somebody playing the "judge."
- ▣ Ringing oratory invoking everything from "the democratic process" to "the rules."
- ▣ Nobody wins, and nobody loses.
- ▣ Evokes the attitude that "war is hell."
- ▣ Method of control: **RULES**

Conflict Resolution in Recovery

Accommodate



Accommodating Style

- ❑ The primary concern for the effect of conflict is on the well-being and durability of relationships.
- ❑ The assumption is that human relationships are fragile, that they cannot endure the trauma of working through differences.
- ❑ There is a fear of losing the relationship.
- ❑ Appease others by ignoring or denying their behavior and avoid conflict by ignoring or denying how you feel about their behavior.
- ❑ Personal objectives are set aside, and the relationship lends itself to one-sided domination.
- ❑ There is an attitude of forced, cheerful compliance.
- ❑ Eventually, the “Mt. St. Helens” effect will play out (“Tic, Tic, Boom!”) or it is like a time bomb (“TIC TOC, TIC TOC ... BOOM!”).
- ❑ Method of control: **GUILT**

Conflict Resolution in Recovery



Collaborate

Collaborating Style

- ❑ This has an altogether different attitude that results in a different behavior.
- ❑ We can both win.
- ❑ Importance is attached to the well-being of the members of the relationship and to the relationship simultaneously. The two sets of goals are not seen as mutually exclusive as with other styles.
- ❑ Conflict is inevitable because we are different from one another. This leads to differences in opinion. The most common reasons for differences are incomplete understanding and commitment to inequality.
- ❑ A collaborator has a tolerance and acceptance of differences.
- ❑ You have the right to feel, and so does the other person in the conflict.

More Collaborating...

- ▣ Let's differentiate (and get out of our feelings) and then integrate (and create more closeness ... let's be solution focused).
- ▣ The real paradox of control is to not control! The real power comes into play when you both allow each other to get out your feelings and then think of the other's perspective to the point of creating more closeness through the understanding and then, through that, you come to a place to problem solve that takes the feelings, points of view, background and perspectives of both parties into play. This is true integration of both parties.
- ▣ The paradox of control: **REAL POWER**

Styles of Communication by Relationship & Personal Goals

- ▣ Avoiders have minimal concern for personal goals as well as minimal concern for the relationship (1,1).
- ▣ Competers have maximum concern for personal goals and minimal concern for the relationship (9, 1).
- ▣ Accommodators have minimal concern for personal goals and maximum concern for the relationship (1,9).
- ▣ Compromisers fall into the middle of the quadrants. They want to preserve personal goals and the relationship and are willing to give up some of each to do so.
- ▣ Collaborators have maximum concern for personal goals as well as maximum concern for the relationships. They want everyone to win (9,9).

Family Circle

- ▣ Study the 5 styles of communication.
- ▣ Create a “**Styles of Communication**” wheel for their family of origin using the example provided – use the “**Family Circle**” handout as your worksheet.
- ▣ Add lines as needed for family members.
- ▣ Then answer the questions for yourself:
 - Consider from whom you first learned your primary style of communication in conflict. How has it served you?
 - Consider from whom you first learned your secondary style of communication in conflict. How has it served you?
 - Is there anything you would choose to change?

Thanks and Blessings

- ▣ Many blessings as you move through your life. It is yours to change and influence!

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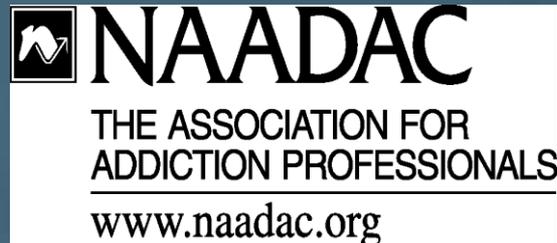
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Conflict Resolution in Recovery

Five (5) Stages of Relationships



- ❖ Honeymoon
- ❖ Disillusion
- ❖ Misery
- ❖ Awakening
- ❖ Peace/Calm

Honeymoon Stage

- * Please take a Trip down Memory Lane with me
- * Were you, at one time, looking for that prince or princess?
- * Think back to the beginning of that time, the beginning of the relationship, what did you feel and what did you do?
 - . Exciting
 - . Scary
 - . Fun
 - . Lots of communication
 - . New feelings
 - . Hopes
 - . Dreams
 - . Careful
 - . Thoughtful
 - . Sex was great
 - . I got cards and notes
 - . Special nights out

Disillusionment Stage

- ▣ What happens after some time in the Honeymoon stage?
- ▣ Disillusionment sets in...
- ▣ This is sometimes referred to as the Familiarization or Adjusting to Reality stage.
- ▣ Your endorphins cannot keep producing at the same level as before. You become more relaxed in the relationship, as does your partner.
- ▣ You and your partner are human and your flaws are beginning to show. There's generally enough goodwill left over from the honeymoon stage that you can overlook most flaws.

Misery Stage

- ❑ This is also called the Power Struggle, Disappointment, or Distress stage.
- ❑ You become more aware of the differences between you and your partner. Depending on your style of communication, you find yourself avoiding, accommodating, judging, competing, and fighting in the conflict. Conflict continues to grow.
- ❑ Deep resentments can begin to build in this stage. You see your partner as uncaring, self-centered, or untrustworthy.
- ❑ People really know they are in the Misery stage when they ask themselves:
 - “Why did I ever get involved with this person in the first place?”
 - “What was I thinking?”
 - “If only I never got involved in the first place!”
 - “Will this *ever* change?”
 - “Is there no way out?”

Awakening Stage

- ▣ This is also called the Stability, Friendship, or Reconciliation stage.
- ▣ Couples who make it this far express feelings of stronger commitment, connection, trust, and love.
- ▣ You know neither one of you is perfect, but this concept is no longer threatening.
- ▣ You are confident in your ability to resolve most of your issues.
- ▣ You begin to reestablish your own outside interests (unlike the Honeymoon stage, where you only had eyes for each other).
- ▣ There is some danger of boredom with your partner, so you have to work to maintain the connection you made in the Honeymoon stage.
- ▣ Most couples are comfortable and content at this stage.
- ▣ To help a couple move to this stage, it is vital that they learn how to listen and communicate with each other.

Peace & Calm Stage

- ❑ Other names for this stage are Commitment, Acceptance, Transformation, or Real Love.
- ❑ It is estimated that less than 5 percent of couples make it to this stage.
- ❑ You are with your partner because you have *chosen* him or her, faults and all, not because you *need* him or her.
- ❑ You and your partner are a team and look out for each other's best interests.
- ❑ At this stage, your relationship becomes a true partnership.

Getting to Peace & Calm

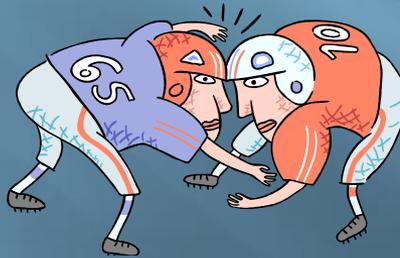
Four (4) Types of Agreement



- ▣ Financial



- ▣ Physical/Spatial



- ▣ Emotional/Social



- ▣ Spiritual

Tip 1 – Stand Still in the Moment

- ▣ Reverse of flight or fight (Limbic)
- ▣ Take your time
- ▣ Delay a reaction and consider your actions (is about what I am going to say and do...)
- ▣ Indecision can be your best friend in order to get to mutual problem solving
- ▣ Third reaction Stand still in the moment

An “Uncluttered” Brain

- ▣ Once the brain is uncluttered, we can begin to set priorities; for example:
 - ▣ Make a list of priorities
 - ▣ Refine the list by indicating those items that you need to get done and those that you want to get done
 - ▣ Decide which items you can delegate, distribute, disregard, or postpone
 - ▣ Determine whether you have all the information you need or whether you need to partner with someone to accomplish a task
- ▣ Can use meditation with music (for example, heavenly music with harps and/or flutes) along with positive affirmations or mantras to help bring about a sense of calm

Tip 2 - Do Not Assume Intent

- ▣ Another version of the “Blame Game”
- ▣ People within sticking distance
- ▣ Let go of presumptions or premeditated attacks
- ▣ Misunderstandings and accidental collisions
- ▣ Accountability as a “WE” issue – change is the responsibility of both parties

Check it Out!

- ▣ Information is useful.
- ▣ Inner agreement not to follow what you “might know”.
- ▣ Ask for clarification or information.
- ▣ “Call out” words and behaviors that are hurtful.
- ▣ Seek out the intention of the other person.
- ▣ Watch for your own “baggage” getting in the way.
- ▣ Ask the other person to tell you what they meant by the words or behaviors.
- ▣ Remember – not to go “limbic”!

Tip 3 - Dig Deeper into Conflict and Anger

- ▣ Digger deeper into conflict and anger is like being an archaeologist
- ▣ There is reasonable expectation that there is a some type if treasure below
- ▣ Our treasure is our “fabric” of our life
- ▣ “Fabric” is our: culture, race, religion, values, creativity, ideas, past experiences, family’s past experiences, unresolved grief, layers of happiness and love and go on.
- ▣ Other examples of the “fabric” of your life?

Being an Archaeologist

- ▣ An archaeologist for humans understands at a deeper level
- ▣ Everyone has wonderfulness and desperation
- ▣ Not a comparison game – more like a reality show
- ▣ Using the Tips helps us to view the show without assumptions
- ▣ It means putting aside your well-developed defense mechanisms
- ▣ Put on your solution-focused glasses

Back Up The Train

- ▣ The more you back up the train – oops, did not mean to say it that way, in that manner with those assumptions and dig deeper...
The more likely you are to get beyond the surface and get to the issues ...that now can be identified and resolved!

Work not to bring shame/blame/pain back!

Tip 4 - Cultivate Confusion

- ▣ A powerful tool for resolving problems and conflicts
- ▣ Withhold judgment, guessing and blame
- ▣ Most likely your first impression in a conflict has a more neutral second impression – if you can just get there!

Leading with Confusion

- ▣ “I’m confused. How did we get to this place of anger? Let’s find another way.”
- ▣ “I am confused. Earlier, did you mean that you wanted to do it this way, and now you are changing your mind and you want it this other way instead?”
- ▣ “I am confused. Did we not have an agreement to do such and such?”
- ▣ “Help me understand why I am feeling this resistance. Did I say or do something to offend you?”
- ▣ “Help me understand how we moved from a place of rational conversation to hurtful conversation. What happened?”
- ▣ “Help me understand how we can move away from this impasse to a place of positive movement.”
- ▣ I’m confused. I felt like we were connected and in agreement on this issue before. What has happened since we last spoke about it? Did something change your mind?”

Tip 5 – The Paradox of Control

- ▣ A paradox is a seemingly contradictory statement that may be true.
- ▣ The paradox of control means the more and harder I try to control you, the less and less of you I am in control of you.
- ▣ The common denominator of being human = control junkie
- ▣ We become less of who we are in the process
- ▣ Emotional manipulations to control others

Tip 6 - Look to the Misunderstanding

- ▣ People, in general, think they know THE TRUTH with a capital “T”.
- ▣ If things do not go their way, they feel compelled to interrupt or point out an error in your reasoning
- ▣ See the world in black or white – no grays or rainbows
- ▣ In interpersonal communications...there is always – all ways – more than one truth!

Misunderstanding Allows

- ▣ The parties to start over and say what they meant to say in the way they meant to say it.
- ▣ What was heard may not be what was meant.
- ▣ Divorce yourself from the first reading of the conflict.
- ▣ You may have different views saying the same thing!
- ▣ Misunderstanding creates a wall
- ▣ No one wins when the wall is in the way!

Tip 7 – Having a Blameless Relationship With Yourself

- ▣ A blameless relationship with ourselves begins with peeling the layers of onion.
- ▣ At our outer layer of exploration we discover that we have to peel further to get to the true meaning.
- ▣ Examining our self-talk helps us to see directly into our relationship with ourselves.
- ▣ Recording these conversations may help us see the effects of being raised in our families of origin.
- ▣ We can learn to cut the invisible apron strings that bind us to old patterns and behaviors.

Tip 8 - Avoiding Premature Forgiveness

- ▣ The first response of a peacemaker is to shut down in an conflict or disagreement
- ▣ Or work quickly to smooth it over
- ▣ Major problem in close or intimate relationships
- ▣ Act as if the most important thing is to re-establish harmony
- ▣ Happens at their and the others personal expense
- ▣ Tick - Tick - Tick - Boom!!!

Keep the Conversation Going

- ▣ The under-reactor needs to bite their lip from saying the usual “I forgive you’s”.
- ▣ And...keep the conversation going or take a break and agree to come back to the conversation when things have cooled.
- ▣ Say what you don’t like – words, behaviors and what you want to see different in the future.
- ▣ Share the responsibility of solving the problem by changing your behavior.
- ▣ Your needs are important, too.

Tip 9 – Put Down Your Dukes

- ▣ Getting angry, taking the offensive and attacking someone verbally is offensive and hurtful
- ▣ Competers are in your face with an over-reactive style
- ▣ Accommodators and Avoiders have an ultimate same result: Tick–Tick-Tick- Boom
- ▣ The best offense is a good defense

Is the Best Offense a Good Defense?

- ▣ Cumulative effects of defense over time...all the negative behaviors of defending
- ▣ Major source of damage to the people who matter most in your life – the ones you are suppose to be the closest
- ▣ All said and done – putting up your dukes as an attempt of cutting off communication – kills most relationships

What Causes This Defensiveness?

- ▣ We start out in Honeymoon (the Stages of Relationships) and are kissing up to each other.
- ▣ We move into Disillusion – real life come into play and the styles of communication, family origin issues, come to the front of the relationship
- ▣ Misery sets in – and the blame for the deception – you are not the prince or princess I started out with!
- ▣ This is when the “Four Agreements” come in – if we could only figure out what we really want.
- ▣ Opposites attracted – now are detractors.

Courageous People

- ▣ Courageous people make big efforts to be transparent
- ▣ Put their ducks down
- ▣ Create meaningful conversations
- ▣ Risk their ego for the possibility of creating a new life change – intimacy
- ▣ Intimacy is broken down to four interconnecting words:
In – To – Me - See

Come on Now – Put Your Dukes Down

- ▣ Lead with your transparencies
- ▣ Take the Tips and use them daily
- ▣ Remain – hang in there – build your spiritual, emotional, psychological self
- ▣ Influence the potential change in the relationship by establishing the change in you
- ▣ No relationship is perfect – we all must work to get to better relationships
- ▣ It is a life long journey

Tip 10 Self-Fulfilling Prophecies

- ▣ What is the Life Script you are living?
- ▣ Listen to your words and pick it out.
- ▣ Change the inner dialogue to the positive outcomes you want in your life!
- ▣ Not to go limbic with yourself.
- ▣ How could this be played out differently using the tips?

We Are Not Innocent Bystanders

- ▣ We are not innocent bystanders in life
- ▣ The pain we suffer in relationships re-opens the wounds
- ▣ No acknowledgement – no healing
- ▣ We become hyper-vigilant – waiting for the next shoe to drop
- ▣ We develop a knee-jerk reaction
- ▣ “I knew you were going to leave me”.

Thanks and Blessings

- ▣ Many blessings as you move through your life. It is yours to change and influence!
- ▣ Thank you for participating in the Workshop

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